

Jailbreak

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 4 级数: Improver
编舞者: Joyce Reid (UK)
音乐: Jailhouse Rock - Elvis Presley



Sequence: AB, AB, ABB, (instrumental), AB, AB. After repeating B for the final time and music fading out, repeat counts 1-8 of Section B, starting on right leg. Start after 8 counts on vocals

SECTION A

HITCH, BUMP HIPS X 3, BEND KNEES & POINT TOES TWICE

- 1-2 Hitch right leg and place to right diagonal (body facing left diagonal)
- 3-4 Bump hips right and left
- 5-6 Hitch left leg and place to left diagonal (body facing right diagonal)
- 7-8 Bump hips left and right
- 9-10 Hitch right leg and place to right side
- 11-12 Bump hips right and left
- 13-14 Bend both knees slightly and point left toe to left side
- 15-16 Bend both knees slightly and point right toe to right side

On counts 13-16 shimmy shoulders at same time

SECTION B

KICKS TRAVELING FORWARD, RIGHT, LEFT, RIGHT & RIGHT

- 1-2 Kick right leg across left and return to place
- 3-4 Kick left leg across right leg and return to place
- 5-6 Kick right leg across left and return to place
- 7-8 Kick right leg across left and return to place

CHASSE RIGHT, ROCK STEP, CHASSE LEFT ¼ TURN RIGHT, ROCK STEP

- 9&10 Step right to right side, close left beside right, step right to right side
- 11-12 Rock back on left leg, recover weight onto right leg
- 13-14 Step left to left side, close right beside left. Step left to left side making ¼ turn right on left leg at same time
- 15-16 Rock back on right leg, recover weight onto left leg

HEEL GRINDS TRAVELING FORWARD, ROCK RIGHT, COASTER STEP

- 17-18 Grind right heel to right and place foot to floor
- 19-20 Grind left heel to left and place foot to floor
- 21-22 Rock forward right, rock back on left
- 23&24 Step right foot back, step left beside right, step forward right

JAZZ SQUARE, ½ PIVOT RIGHT, SHUFFLE FORWARD LEFT

- 25-26 Cross left foot over right, step right foot back
- 27-28 Step left to left side, step right beside left
- 29-30 Step forward left, pivot ½ turn to right
- 31-32 Step left forward, close right beside left, step forward left